

Fairfax-Falls Church Community Services Board Mental Health Services

Clinical Social Work
Masters in Clinical Psychology
Masters in Counseling Psychology
Training Program

2011-2012

Mental Health Services of the Fairfax-Falls Church Community Services Board MA / MSW Training Program

The Fairfax-Falls Church Community Services Board (CSB) is the governing body for Mental Health Services (MHS), Alcohol and Drug Services (ADS) and Intellectual Disability (formerly Mental Retardation) Services (IDS). These services provide affordable treatment for the more than one million residents of Fairfax County.

Mental Health Services are offered at seven main sites: Gartlan (Mount Vernon), Springfield, South County/IMP building, Northwest/Chantilly, and Woodburn. The County operates several residential programs, and some mental health staff are deployed to additional sites such as County homeless shelters. Student trainees are based at one of the seven main sites, with training opportunities available at other sites. The Training Program goals, philosophy, application process, and expectations for students are identical throughout Mental Health Services.

Overview and Program Philosophy

The primary goal of the MA/ MSW/MED Student Training Program is to provide the student with an intensive and extensive range of direct service experiences in the context of learning, supervision, and collaboration with other mental health professionals. Training focuses on mastery of basic assessment, diagnostics using the DSM, formulation of Individual Service Plans/Treatment Plans, and treatment skills (case management, individual cognitive-behavioral psychotherapy, group therapy, etc.). Students also gain experience in being part of a multi-disciplinary Treatment Team.

Our Program builds on knowledge of theory gained in graduate school and students come to us from many different clinical programs. We have found that our Program is geared toward students with considerable background in theory, diagnosis, and experience. Therefore we accept only second year MSW or MA students **with prior mental health experience**. It is expected that by year's end each student will be able to function independently in clinical situations with limited supervision.

Each student placed with CSB MHS is based in a community mental health site that offers a vast array of clinical services. The student functions with relative independence, carrying an active and varied caseload. Students become valued members of dynamic, multidisciplinary treatment teams. Learning opportunities are provided through direct supervision, seminars, ongoing in-service training, staffings, team meetings, and County-sponsored training open to all mental health clinicians. This is a service oriented, community-focused training program. Students leave with increased clinical skills and a true understanding of community mental health.

Youth and Family Services

The Youth and Family Services provide outpatient and residential services to children from birth to age 18. Youth and Family teams are multi disciplinary and they reach many

youths and families in need of treatment. There are training opportunities in the outpatient programs:

- **Infancy and Early Childhood:** for at-risk children from birth to age 6. They provide support and guidance to parents and treatment for children. There are limited training opportunities in this program.
- **Continuing and Focused Care Programs:** provide initial assessment and consultation and provide ongoing outpatient treatment for children ages 7-18. Modalities include play, individual and group therapy, medication, support and guidance for parents, and case management, often with multi-agency involvement
- **Adolescent Comprehensive Day Treatment Program (ACDTP):** day program for seriously emotionally disturbed adolescents; includes school, medication services and parent support groups. This program is located at the Northwest Center in Reston.

Additionally, Youth and Family Services operate programs that provide resource services for families not in treatment with Mental Health. The Juvenile Forensic Program provides services for youths involved with the criminal justice system. Youth and Family has residential programs for adolescents who require more intensive treatment, as well as an adolescent Crisis Care Program.

Adult Community Services

Adult Community Services (ACS) or Comprehensive Treatment and Recovery (CTR) provide a wide array of outpatient services to seriously mentally ill Fairfax County adults aged 18 and older. Primary adult outpatient services include case management, psycho-education, individual cognitive-behavioral treatment, group therapy, and medication services. ACS adopts the Recovery philosophy as the structure for service provision. Potentially, there are training opportunities in the following programs:

Comprehensive Treatment and Recovery Services (CTR)

- **Treatment Teams in CTR** provide primary treatment for a very diverse consumer population of Seriously Mentally Ill (SMI) individuals who are often triply-diagnosed (mental health, substance abuse, and medical issues) and who often have multiple significant case management needs. As noted above, these consumers may receive services that include case management, individual cognitive-behavioral psychotherapy, group therapy, psycho-education, and medication as indicated. CTR Treatment Teams are multi-disciplinary and are welcoming and respectful of students. Consumers are staffed and discussed at weekly Treatment Team meetings.

Specialized Services

- **Older Adult and their Families Program (OAFP):** OAFP serves consumers older than 60 years. Treatment may include individual, family and group modalities, with medication services as indicated. OAP clinicians can provide outreach services as well.

- **Multicultural Programs:** Bilingual or multilingual clinicians provide culturally-sensitive treatment to consumers whose first language is not English. Treatment may include individual, family, and group modalities and medication services as indicated.
- **Deaf, Hard of Hearing and Deaf-Blind Regional Program:** This Program serves consumers in a five-County area. Treatment may include individual, family and group modalities, with medication services as indicated.

Specific Teams

- **APH (Adult Partial Hospitalization):** APH is a day treatment program for consumers needing more intensive services. It includes a structured day program with groups, psychoeducation, Dialectical Behavioral Therapy (DBT), treatment for co-occurring (Substance Abuse and Mental Health) disorders, case management and medication services as indicated.

Adult Services also has a residential component (Adult Residential Services) that reaches a number of seriously mentally ill consumers, or homeless consumers in mental health crises. ARS operates five group homes in the community as well as supported living facilities across the County. Each of the three County Shelters has a mental health team to provide services for residents in need. County residents incarcerated in the Adult Detention Center are seen by the Adult Forensic Team for their mental health concerns.

Emergency Services

Mental Health Emergency Services (ES) provide crisis intervention and risk assessment for potentially all of Fairfax County, and also more limited medication services. The ES team is the only group in the County qualified to recommend involuntary hospitalization to the magistrates. The ES serves as backup for and consultants to all other County Mental Health programs. The ES team is multi-disciplinary and capable of providing services to clients of all ages.

There are three ES sites. Northwest and Gartlan ES are weekday services. Woodburn ES is a 24-hour, 7 day per week service.

The Mobile Crisis Unit (MCU) is a division of ES. The MCU is a team of two clinicians who go into the community to evaluate consumers who are unwilling or unable to go to one of the ES sites. MCU is based at Woodburn.

The County operates a Crisis Care facility for adults (Woodburn Place). This program is a division of ES. Crisis Care provides short-term residential treatment for clients unable to manage at home, but not acute enough to meet criteria for hospitalization.

The PACT (Program of Assertive Community Treatment) program is an ES division based at the Gartlan Center. PACT staff members go into the community to provide intensive support to SMI clients who reside independently.

Additional Units

The Intensive Case Management Unit provides services to highly at-risk SMI adults with multiple service needs and who are generally unable to make it to centers for treatment services.

There is also a Jail Diversion Unit providing services to highly at-risk SMI adults who are also at risk of arrest, etc.

Summary

Mental Health Services provides an extensive array of services and programs to County residents. Its clinicians come from diverse backgrounds and are committed to providing quality community mental health treatment. Inclusion as a student trainee can be an immensely challenging and rewarding experience. Our training program seeks to provide a supportive environment in which students can mature into experienced, entry-level clinicians.

Site Location and Descriptions

Gartlan Center for Community Mental Health

8119 Holland Road
Alexandria, Virginia 22306
703-360-6910, fax 703-360-0899

The Gartlan Center, which was recently renovated, is located on part of George Washington's original estate. It is within walking distance of Mount Vernon Hospital as well as the Mount Vernon police and fire substations. This goal for this site is to provide co-location of mental health, alcohol and drug services, and intellectual disabilities services in one building. Currently the center provides primary ADS and MHS adult services: initial evaluations, outpatient treatment, and medication management. The Center also houses Emergency Services, Homeless Services, and Adult Partial Hospitalization.

Springfield Site

8348 Traford Lane
Springfield, Virginia 22152
703-866-2100, fax 703-451-7539

The Springfield site provides primary outpatient services via Adult and Youth & Family programs. Springfield staff also offer adult residential services, a day program for adults, as well as specialized treatment for hearing impaired clients.

South County Center Site

8360 Richmond Highway
Alexandria, Virginia 22309

Like the North County Center, the South County Center houses a number of County agencies such as the Department of Family Services, Juvenile Court, the Health Department, and Mental Health Services. Youth & Family services operate from the South County Center.

Northwest Center, Reston Site

1850 Cameron Glen Drive, Suite 600
Reston, Virginia 20190
703-481-4100, fax 703-435-1961

The Northwest site shares the North County Human Services Building with Alcohol and Drug Services, Juvenile Court, the Health Department, the Department of Family Services, and a senior citizen day center. It is close to Reston Hospital, a police substation, a library and the Embry Rucker Shelter. Northwest has the only Adolescent Day Treatment Program (ACDTP). Northwest provides primary Adult and Youth & Family services and also Older Adult and multicultural services. It has an Entry Office, an Emergency Service, adult residential programs, intensive case management, adult partial hospitalization and a team specializing in homeless populations. Northwest serves residents of the Reston, Herndon and McLean areas of the County.

Chantilly Site

14150 Parkeast Circle, Suite 200
Chantilly, Virginia 20151
703-968-4000, fax 703-263-1724

The Chantilly site is in the Westfields Business Complex and serves Chantilly and Centreville, providing primary Adult and Youth & Family treatment.

Woodburn Center, Falls Church Site

3340 Woodburn Road
Annandale, Virginia 22003
703-573-0523, fax 703-280-9518

The Woodburn Center is the oldest and most centrally located mental health center in the county. The Center is adjacent to Fairfax Hospital, Woodburn Place Crisis Care, and the Northern Virginia Mental Health Institute (state psychiatric hospital). There are four adult Treatment Teams, one OAFP Treatment Team, one Multicultural Treatment Team, and several Youth and Family Treatment Teams. In addition, there is an on-site Medication Clinic and Emergency Services/Mobile Crisis Unit. In addition to providing treatment services in English, clinicians at Woodburn provide treatment in Spanish, Vietnamese and Arabic. Treatment offered includes an array of therapy groups including Process Groups and Psychoeducational (cognitive life skills-building) Groups (for example, Seeking Safety [for individuals with Substance Abuse and trauma issues], DBT, Emotional Regulation, Mindfulness, Spirituality, Co-Occurring Disorders [Substance Abuse and Mental Health], etc.).

Training Program Specifics

Organization

The MA, MEd and MSW Student Training Program consists of a Director of Student Training, Training Coordinators, individual supervisors and students.

Schedule

The Program is an eight month placement beginning in September, lasting through April. THERE ARE NO EXCEPTIONS.

The Program is a minimum of 20 hours per week. Each student is required to attend a weekly Treatment Team meeting and weekly one-hour direct supervision meetings. The remainder of the student's time is spent in direct service, such as individual cognitive-behavioral or group therapy, case management, phone consultation, etc. Each student is expected to work some evening hours to maximize accessibility to consumers, but actual schedules are negotiated between the student and her/his supervisor. There are no weekend hours. The schedule includes an extended break in December and January.

Orientation: The first two weeks of training in September are devoted to orientation. Student trainees fulfill mandatory Fairfax County obligations such as Human Rights and Confidentiality training and TB testing. Each student meets with his/ her supervisor to determine a schedule and set training goals.

- **Starting date: Tuesday, September 6th**
- **APPLICATION DEADLINE FOR 2011-12 PROGRAM: March 31, 2011**
Note that applications are reviewed as they are received – it is a good idea to get applications in as soon as possible. We receive more applications than we can reasonably respond to individually.

Size of Program

Each student is paired with a primary supervisor. The number of students accepted each year depends on supervisor availability. We are now also constricted by available space.

Stipends

None

Specialization

Comprehensive Community Mental Health

Supervision

Students are paired with a Supervisor based on the student's clinical interest and supervisor availability. Each student receives one hour of direct supervision per week.

Each Supervisor will have a primary theoretical orientation to include: family systems, behavioral, cognitive, insight-oriented, or eclectic. Each student becomes a Team member on her/his Supervisor's team. Additional supervision comes in the form of weekly Team Meetings which focus on treatment, consultation and clinical issues.

All members of the Training Committee are full-time clinicians in the mental health system. Coordination and student supervision are additional responsibilities that we assume out of sincere appreciation for experiential training. **We are not able to honor requests for interviews to discuss our program prior to application.** Prospective Supervisors interview select students as a final step of the application process.

Supervisors, Training Coordinators and graduate school liaisons act in concert to assure that each Trainee receives adequate supervision and guidance.

Training

Students are encouraged to attend free trainings presented by the County for its mental health staff.

Expectations and Requirements

- I. Prospective student trainees will:
 - A. Be a second year MA, MEd, or MSW student who has successfully completed a first-year placement.
 - B. Have **prior mental health experience**, either in the form of paid work, volunteer work, or in other training.
 - C. Have an interest in community mental health.
 - D. Have had courses in personality theory, psychopathology, assessment and psychotherapy.
 - E. Be able to fully participate in a 20+ hour/ week program from September through April.
- II. Once accepted for training, students will provide fingerprints for local and FBI background checks. This is a Fairfax County requirement that **must be fulfilled in May/June** so that the student can be cleared to see clients beginning in September.
- III. Student trainees will participate in all mandatory orientation activities.
- IV. Trainees will provide 6-10 hours of direct clinical service per week. There is NO guarantee as to a specific number of hours, as this depends on service unit demands, client no shows, etc. This Training Program is for those pursuing a Master's degree and is NOT for graduates who are fulfilling licensing requirements.
- V. Trainees will attend weekly Team meetings/staffings.

- VI. All student trainees will comply fully with County Mental Health policies and procedures regarding confidentiality, ethics, treatment, case management, and clinical documentation in our electronic health record.

Application Process

1. MSW Students: The schools send out the school applications and/or a completed copy of the [application](#) included in this packet (3 pages) to [John Dobricky](#), LCSW, interim Training Coordinator (phone: 703-207-7810; fax: 703-280-9518).
2. MA/MED Students: Send or fax the completed, three-page [Fairfax County Mental Health Training Application](#), and resume or curriculum vitae to John Dobricky, LCSW, interim Training Coordinator (phone: 703-207-7810; fax: 703-280-9518).
3. The Training Coordinator will link each qualified student with a potential Supervisor who will contact the student to arrange an interview. In some cases, students may be referred to more than one Supervisor or more than one site.
4. The prospective student trainee will then come in to interview with the Supervisor(s), and if the student's goals and needs match those of the Supervisor, the student's training position can be established at that time.